# **Hey Evelyn,**

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# **Thank you for such an open and honest conversation today. I'm inspired by your determination to make lasting changes, and I'm honored to be part of your journey. Your willingness to try new approaches, especially with tracking, shows you're ready to break the cycle of temporary diets and build sustainable habits.**

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# **I heard you loud and clear - you're tired of being tired, and you're ready for real change. The fact that you've successfully lost weight before proves you CAN do this. This time, we're focusing on habits that stick, not rules that expire.**

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# **Your Week 1 Action Plan: Building Awareness**

# **1. Daily Step Goal: 7,000 Steps 🚶‍♀️**

# **This is your baseline - aim to hit this consistently each day**

# **Use a tracker (phone app or wearable) to monitor progress**

# **Remember: consistency beats intensity. 7,000 steps daily is better than 20,000 one day and 2,000 the next**

# **When your back hurts, try breaking it into smaller chunks (2-3 shorter walks)**

# **There is no limit to this goal, if you can go above and beyond 7,000 that's amazing, but remember, we are trying to build consistency. Try not to fall below 7k if you can help it!**

# **2. Download FatSecret App 📱**

# **Here's the link: https://play.google.com/store/apps/details?id=com.fatsecret.android**

# **This week is just about tracking what you normally eat - no judgment, no changes yet**

# **This builds awareness and helps us understand your patterns**

# **If you notice you're over 2,000 calories, just observe - don't stress**

# **Let me know if you have any issues navigating the app, and I would be happy to make a video breaking it down for you!**

# **3. Protein Awareness 🥚**

# **Simply notice your current protein intake as you track**

# **Start researching protein powders (100% whey or whey isolate)**

# **Powders are cost-effective and easy to add to your routine**

# **No pressure on hitting specific numbers yet - we're just learning**

# **4. Hydration Goal: 100oz Daily 💧**

# **Why this matters:**

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# **Reduces false hunger signals (sometimes we're just thirsty!)**

# **Helps prevent muscle cramps and reduces pain**

# **Supports your body's natural detox processes**

# **Can boost energy levels and mental clarity**

# **Helps with digestion, especially important with your medications**

# **Ways to visualize 100oz:**

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# **About 6 standard water bottles (16.9oz each)**

# **3 refills of a 32oz water bottle**

# **12.5 cups of water throughout the day**

# **One gallon minus 28oz**

# **Easy strategies:**

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# **Start with 16oz when you wake up**

# **Drink 8oz before each meal**

# **Keep a water bottle visible as a reminder**

# **Set hourly reminders on your phone**

# **5. Schedule Next Week's Check-In 📅**

# **Please book your next session here: https://calendly.com/spenser-joinminimal-ikh6/30min Or let me know your preferred time and I'll schedule it for you.**

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# **Bonus: Getting Started with Easy Meal Prep 🍳**

# **I'm including two of my favorite recipes to help you get started with ingredient prep this week. These are perfect for your slow cooker or air fryer!**

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# **Versatile Chicken Marinade**

# **This marinade is a game-changer! You can either:**

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# **Marinate and cook all your chicken at once for the week**

# **Leave it in the marinate for up to 3-5 days and cook fresh**

# **The beauty of marinades is they transform "boring" healthy chicken into something you'll actually crave. One marinade, endless variety throughout the week!**

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# **Viral Sweet Potato Bowl 🍠**

# **You might have seen this trending on social media - and for good reason! This protein-packed meal combines:**

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# **Sweet potato (fiber + healthy carbs)**

# **Ground beef (protein powerhouse) You can use Ground turkey if you'd like, but I think it's good as is!**

# **Cottage cheese (extra protein + creaminess) Cottage Cheese is a secrect weapon when it comes to upping our protein intake. Some brands will taste slightly different, but it's always going to be a very quailty source of protein.**

# **It's filling, flavorful, and family-friendly - even your husband might enjoy this one! Plus, it's perfect for batch cooking.**

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# **Pro tip: Prep your sweet potatoes in the air fryer while the ground beef cooks on the stove. The cottage cheese goes on fresh when you're ready to eat.**

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# **These recipes prove that eating for your goals doesn't mean eating bland food. When meals taste this good, staying on track becomes so much easier!**

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# **Addressing Your Challenges**

# **I understand the challenge with different eating preferences at home. For next week, start thinking about:**

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# **Simple proteins you can prep in your slow cooker (chicken, lean beef, turkey)**

# **Quick air fryer options for variety**

# **Having YOUR foods ready means you're not dependent on others' choices**

# **Your Daily Vitamins Reference**

# **I've attached the Daily Vitamins guide we discussed. These are the foundational habits that support not just weight loss, but overall health and energy. We'll gradually incorporate all of these, but for now, focus on steps and hydration.**

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# **Remember:**

# **This is a journey of building evidence of your efforts**

# **Small, consistent actions create big results**

# **You've lost weight before - you WILL do it again**

# **This time, we're building habits that last beyond the "diet"**

# **I'm here to support you every step of the way. Feel free to text me with questions or victories throughout the week. Remember, tracking this week is just about awareness - no perfection required!**

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# **You've got this, Evelyn! I'm excited to see your progress and hear about your insights from tracking.**

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# **Looking forward to our check-in next week!**

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# **Your partner in health, Spenser**

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# **P.S. Celebrate every 7,000-step day this week - you're Week 2 Follow-up Email and Action Plan for Evelyn**

**Subject: Week 2 Game Plan - Building on Your Progress! 🌟**

Hey Evelyn,

First off - I'm SO proud of you for getting started! You took those first steps (literally!), downloaded the app, and started tracking. That's HUGE! Every journey begins with a single step, and you've taken several.

I loved hearing about your wins from Week 1:

* You walked 2 days for 25 minutes each - that's 50 minutes of intentional movement!
* You're experimenting with online exercises (following those instincts is GOLD!)
* You're noticing less cramping from increased water intake
* You tracked your breakfast and lunch on day one

These aren't small victories - they're evidence that you're capable of change!

## **Your Week 2 Action Plan: Building Daily Habits**

### **1. Daily Movement Minimum: 5 Minutes 🚶‍♀️**

**Your #1 Priority This Week**

I know we talked about those 7,000 steps, and that's still a great goal to work toward. But this week, I want you to focus on something even more important: **consistency over intensity**.

**Your Daily Non-Negotiable: One 5-minute walk every single day**

Why 5 minutes?

* It's your Minimum Effective Dose (MED) - the smallest action that still moves you forward
* It's achievable even on your busiest, most tired days
* It builds the HABIT of daily movement
* You can always do more, but never less than 5

Remember: Motivation is like sugar - gives you a quick burst but crashes fast. Consistency is like protein - sustainable fuel that builds strength over time.

**Pro tip:** Pick a trigger for your walk (after morning coffee, before lunch, after dinner). Same time daily = easier habit formation.

### **2. Protein Power Breakfast 🥣**

**Your New Morning Routine:**

* 1/2 to 2/3 cup nonfat plain Greek yogurt
* Start with 1-2 tbsp honey (add more only if needed)
* Optional: Add 1/2 scoop vanilla protein powder for extra protein + flavor

This simple addition to your mango:

* Adds 15-20g of protein to start your day
* Helps control hunger throughout the morning
* Supports muscle recovery from your walks
* Costs less than $2 per serving

**Shopping tip:** Look for brands like Fage 0%, Chobani Non-fat, or store brands - they're all great options!

### **3. Protein Powder Shopping Made Simple 💪**

**What to Look For:**

* 100% Whey Protein (that's all you need!)
* Price range: $28-35 for a 2lb tub
* About 25-30 servings per container

**My Top 3 Beginner-Friendly Recommendations:**

1. **Optimum Nutrition Gold Standard Whey** (Vanilla Ice Cream flavor)
   * Most popular, mixes easily, tastes like vanilla milkshake
   * Usually $30-33 at Target/Walmart
2. **Body Fortress Super Advanced Whey**
   * Budget-friendly option ($20-25)
   * Vanilla or Chocolate - both taste good
   * Available at most grocery stores
3. **Premier Protein Powder**
   * Known for their ready-to-drink shakes
   * Powder version is smooth and not chalky
   * Often on sale at Costco/Sam's Club

### **4. FatSecret Tracking - Keep It Simple 📱**

**This Week's Tracking Goals:**

* Use the barcode scanner for ALL packaged foods
* Don't worry about being perfect - just build the habit
* If you can't find something, just search for something similar
* Track what you can, when you can

**Remember:** Awareness first, changes second!

### **5. Hydration Strategy Update 💧**

I hear you on the bathroom situation - it's real! Here's what helps:

* Your body WILL adjust over 2-3 weeks (less urgent trips)
* Try sipping throughout the day vs. chugging large amounts
* Add a pinch of sea salt to one glass daily (helps retention)
* Avoid drinking 30 mins before leaving the house

**Your water timing strategy:**

* 1 glass right before each meal
* 1 glass between meals
* 1 glass after each meal This naturally spreads intake throughout the day!

## **📱 Step Tracking on iPhone - Quick Guide**

**Finding Your Daily Steps:**

1. Open the "Health" app (white icon with red heart)
2. Tap "Browse" at bottom right
3. Select "Activity"
4. Tap "Steps"
5. You'll see today's count at the top!

**To See Weekly Progress:**

* Swipe left/right on the graph
* Tap "W" for weekly view
* Screenshot this each Sunday to track progress!

## **Your Week 2 Checklist:**

✅ One 5-minute walk EVERY day (no exceptions!) ✅ Greek yogurt + honey breakfast daily ✅ Purchase protein powder ✅ Continue tracking in FatSecret (use that barcode scanner!) ✅ Keep building that water habit

## **Remember:**

You mentioned lacking motivation, and that's NORMAL. Motivation got you started, but habits will get you to your goals. Every 5-minute walk is a vote for the person you're becoming. Every Greek yogurt breakfast is evidence that you can change.

You're not just losing weight - you're building a lifestyle. And you're doing AMAZING!

I'm here cheering you on every step of the way. Text me with wins, questions, or if you need encouragement. Remember - progress, not perfection!

Looking forward to hearing about your Week 2 victories!

Your partner in health, Spenser

P.S. When you complete that 5-minute walk each day, celebrate it! Do a little dance, give yourself a high-five, or just smile knowing you kept a promise to yourself. These small wins add up to major transformations! 🎉

**Need Help with FatSecret?** Here's a quick guide for using the barcode scanner:

1. Open FatSecret app
2. Tap the "+" button to add food
3. Select "Scan Barcode" option
4. Point camera at barcode
5. Confirm the food matches
6. Adjust serving size if needed
7. Save to your diary!

For homemade meals: Search for individual ingredients and add them separately. It gets easier with practice!